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Dexter says he has no immediate plans for future

Uncertain. It's not yet known when the NDP leadership convention would be held

Former Nova Scotia premier Darrell Dexter said Saturday that his government will be remembered for leading the province through a tough recession as he announced he was stepping down as leader of

the province's New Democratic Party.

Dexter's resignation, which was submitted at the party's provincial executive meeting in Halifax, came a month after the NDP was knocked from power to third-party status in the last month's provincial election.

"It has been a privilege to serve New Democrats across Nova Scotia over the past 12 years," Dexter said in a statement.

"I also want to thank the Nova Scotians who believed in

Quoted

"As much as you'd like to wave a magic wand and create jobs, it actually doesn't happen that way."



Darrell Dexter

the NDP and gave us the opportunity to govern for the first

time in the province's history. It has been an experience that I will carry with me always."

Dexter said his party came into power during the financial crisis, when the province's forestry sector collapsed and the fishery was being devastated by low prices. He said his government looked beyond its four year mandate to build a stronger economy.

Now that he has resigned, Dexter says he has no immediate plans for his future.

THE CANADIAN PRESS

Offering gratitude

- New Democrat MP Peter Stoffer offered gratitude to Dexter for helping lead the province through the recession.
- "Obviously there were some mistakes along the way but overall, I give him top marks for the way that he governed," he said.

Highway 102

Man seriously hurt after vehicle flips over several times

A man was sent to hospital with serious injuries on Sunday afternoon after the vehicle he was driving flipped several times at the Larry Uteck off-ramp on Highway 102.

The vehicle was approaching the ramp when the accident happened, and it flipped multiple times, with the driver thrown from the vehicle.

Halifax Regional Police Staff Sgt. Lindsay Hernden said the vehicle was "crushed severely" due to the crash.

The accident happened just before 5 p.m., and police were still at the scene past 9:30 p.m. trying to determine a cause. **METRO**



Santa Claus drops by the Light Up Bedford parade

Santa waves to the crowd during the annual Light Up Bedford parade on Sunday night. Hundreds of people lined the route for the parade, which began at DeWolfe Park and ended at Bedford Place Mall. **JEFF HARPER/METRO**

1 NEWS



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Dragons' effect: Thousands of messages pour in for Hope Blooms

\$40,000 and 4,000 emails. Dragons' Den appearance has put local company on the map



HALEY RYAN

haley.ryan@metronews.ca

Just days after the Hope Blooms group won big on CBC's Dragons' Den, thousands of emails have poured in from across the country offering support, a book deal, and help to build a new greenhouse.

Jessie Jollymore, dietician and Hope Blooms lead, said on Friday evening that the group had received about 4,000 emails since the episode aired Wednesday.

"It's just crazy," Jollymore said, adding with a laugh that Hope Blooms "out-tweeted" Rob Ford references on Twitter Wednesday night.

The kids of Hope Blooms grow fruits and vegetables in

Their cup runneth over

"(It's) overwhelming trying to go through everything."

Jessie Jollymore, dietician and Hope Blooms lead

a large garden and greenhouse in the north end for community dinners, soup programs and salad dressings. A portion of the proceeds from the dressings go towards a scholarship fund.

Jollymore said after the kids pitched their dressing business to the dragons and won \$40,000 to build a new greenhouse and amp up production, emails came rolling in across Canada from people wanting to start up a Hope Blooms chapter in their town.

They've heard from a kids book company in Ontario who want to know if they're interested in writing a story about Hope Blooms, and another company who wants to make

an animated short documentary about the group.

Three "big offers" have come in from people wanting to help build the new greenhouse, Jollymore said, and someone else wants to build them a "new production site" for their dressings.

"We're just trying to manage it all because this is a volunteer thing for all of us, so we don't have any staff to help manage this," Jollymore said.

But hope might be on the way, since Jollymore said a group of master's business students from Dalhousie University want to meet and volunteer their help.

The new greenhouse will be up by March, Jollymore said, since they need to start growing herbs as soon as possible to keep up with dressing demand.

"We're trying to make a point to send everybody just a small little response," Jollymore said. "In the next few weeks we'll probably look at everything."



Members of Hope Blooms, from left, Christopher Ring, 9, Mamadou Wade, 15, Kolade Kolawole-Boboye, 13, and Bocar Wade, 14, pose for a photo inside of the office greenhouse in north-end Halifax last week. JEFF HARPER/METRO

Halifax 'on the cutting edge' as a Google eTown



Innis Campbell, left, talks with a Google representative about his online business during the eTown Award event. HALEY RYAN/METRO

After Halifax was named as one of the strongest online business communities in Canada last week, Google presented Mayor Mike Savage with an eTown Award.

Savage accepted the colourful glass award outside of kitchenware store Cucina Moderna on Dresden Row, which was also being honoured as an example of a tech-savvy local store.

"It's an exciting thing, and it's where Halifax wants to be, on the cutting edge of how commerce is done ... showing creativity and innovation,"

Savage said after the event Friday.

Sophie Chesters, Google's national marketing manager, said Halifax was chosen as an online leader in the Atlantic region on Tuesday after they looked at data found by IPSOS researchers and saw that local shops were using online tools to grow.

The research looked at cities and towns of all sizes, and analyzed how likely their businesses were to have a website, blog, online products, use social media, and be compatible with mobile devices.

Other winners

Besides Halifax, this year's eTown winners are Saint-Sauveur, Que., Newmarket, Ont., Canmore, Alta., and Whistler, B.C.

"The important part of these awards is encouragement and recognition of the places that are embracing the Internet, particularly the small businesses," Chesters said.

Cucina Moderna owner Ariz David said he was "ecstatic" when Google asked him to host Friday's event.

David said his store offers a lot of stock online, and uses tools like "ask an expert" to grab attention. For example, he said if someone asks a question about the difference between two blenders, his employees could email back a video demonstration.

"We're really trying to say we're the expert, and there's a difference between service and expert advice," David said.

HALEY RYAN/METRO

No injuries

Mother and five children homeless after bungalow fire in North Preston

A family of six is homeless after a fire tore through their rental bungalow in North Preston on Saturday.

The mother and five children — between the ages of three and 12 —

were not at home during the blaze.

The fire was reported at 10:30 a.m.

The bungalow — located at 31 Clarence St. — was extensively damaged but no one was injured.

The Canadian Red Cross and Salvation Army are providing the family with lodging, food and clothing.

Authorities have not yet determined the cause of the fire. **METRO**

Suspect facing charges

Man nearly runs over Canadian Tire security guard: Cops

A 35-year-old man faces charges of theft and dangerous operation of a motor vehicle after police say he shoplifted and fled from the Canadian Tire on Quinpool Road.

Around 9:55 a.m. Friday, police responded

to the Canadian Tire after they were told a man left the store without paying for several pieces of clothing.

Police say a security guard who tried to stop the man from leaving the area had to "jump out of the way" of the man's car to avoid being hit as he fled the parking lot.

Police later arrested a man on Prospect Bay Road, and recovered the clothing. **METRO**

Residence searched

Dartmouth man charged with child porn possession

A Dartmouth man is facing child porn charges after a police search of a residence.

Around 6:30 a.m. Friday, investigators with the integrated Halifax Regional Police/RCMP Internet Child Exploitation Unit searched a home on Sarnia Avenue,

where they seized computer equipment and arrested a suspect.

As a result of the search, police charged a 47-year-old Dartmouth man with possession of child pornography.

He was released from custody under conditions to not communicate with children under the age of 16, not be within 25 metres of a place frequented by children, and not access the Internet or possess a device able to access the Internet. **METRO**

Cape Breton. Teen charged in crash that killed three

A 17-year-old boy is facing six charges in connection with a single-vehicle crash that killed three people in Nova Scotia.

Seventeen-year-old Logan Patrick MacIntyre, 19-year-old Morgan Christopher MacIntyre and 20-year-old Joel Cecil Chandler died in July when the car they were travelling in veered off a rural highway and slammed into a ditch in Cape Breton.

Three others were seriously injured in the crash.

RCMP say the driver of the vehicle is facing charges in-

Court appearance

The accused is expected to appear in court in February.

cluding dangerous operation of a motor vehicle causing death and dangerous driving causing bodily harm.

Police have said the five-seat Toyota Echo was travelling at a high speed with seven people inside when it ran into the ditch in Harbourview on July 22. **THE CANADIAN PRESS**

Robie Street

Jogger threatened with knife after altercation

Police say a man jogging in Halifax got more than a good workout on Friday night.

At around 11:15 p.m., a man was jogging on the sidewalk in the 2400 block of Robie Street, when he ran past a man and a woman, and accidentally made contact

with one of them.

An argument ensued, police say, and the woman took out a knife and threatened the jogger. The jogger backed off and called police with his cellphone. The man and woman left on foot and the female was arrested a short distance away.

A 30-year-old woman is now charged with assault with a weapon, possession of a weapon, uttering threats and breaching conditions.

METRO

Alarms. Two schools broken into over weekend

A 37-year-old man is facing charges for allegedly breaking into Halifax Grammar School on Sunday and walking out with a laptop.

Halifax Regional Police were called to the school at 8 a.m. after an alarm went off. While en route, police say a citizen called to report a suspicious man in his backyard on nearby Blue Willow Court.

The homeowner followed the man to Tobin Street, where

police arrested him.

Earlier Sunday, a 17-year-old Dartmouth teen was arrested after J.L. Ilsey High School was broken into. Police received an alarm call at 1:15 a.m., and found an unsecured door at the school and a bike near the entrance. The area was contained by police and officers spotted someone running towards an exit when they went inside.

The young man was immediately arrested. **METRO**



A 17-year-old male is facing charges of extortion and distributing child pornography after allegedly blackmailing a teenage girl on Facebook. **JEFF HARPER/METRO**

N.S. teen facing child-porn charge

On Facebook. Police allege accused blackmailed victim

Halifax police say a 17-year-old male is facing charges of extortion and distributing child pornography after he allegedly blackmailed a teenage girl over Facebook for naked photos.

Investigators with the integrated Halifax Regional Police/

RCMP general investigation section say the charges were laid in relation to an "online extortion incident" that occurred last fall.

In November 2012, police say a 16-year-old girl contacted police after she received a "threatening demand" on Facebook from someone she didn't know. The suspect demanded that she send naked photos of herself, or he would post his private pictures of her.

Police said when she re-

No Internet access

The accused has been released from custody on conditions that include not accessing the Internet.

fused, the suspect distributed his pictures to others on Facebook.

The investigation revealed that several fake Facebook accounts were used in the inci-

dent, police said, and the suspect was actually known to the victim.

On Thursday, police searched a Halifax residence where computer equipment was seized and the teen suspect was arrested.

He is scheduled to appear in Halifax provincial court on Dec. 5 to face charges of extortion, distributing child pornography, possession of child pornography and mischief.

HALEY RYAN/METRO



THROWAWAY THURSDAY

MAKE ROOM FOR BLACK FRIDAY

It's Throwaway Thursday! Gather your gently used items and donate them in support of Clothesline® Canadian Diabetes Association on Black Friday, November 29. The first 250 people to donate on Black Friday get a gift card.* Pick up your donation kit at Guest Services.**

BLACK FRIDAY NOVEMBER 29

DOORS OPEN AT 7AM



MIC MAC MALL

*For offer terms and conditions, please visit Guest Services or see micmacmall.com. **Donation kit not necessary for participation.

Perks. Federal workers rewarded with more than \$100K in gifts each year

Hockey tickets, camcorders, iPods, spa visits — even a gift card to the liquor store.

This is some of the half-million dollars of booty that one federal department handed out to favoured workers in the last five years.

The Treasury Board Secretariat, with about 1,900 employees, now spends well over \$100,000 each year on rewards for staff.

The annual value has quadrupled since 2006, when the Conservative government first came to power.

The value hit a peak of

\$135,000 in 2011, the year the Conservative government began cutting staff and programs to wipe out the federal deficit by 2015.

Treasury Board President Tony Clement has recently criticized the benefits available to public servants, and publicly vowed to trim them, putting him at odds with unions.

But internal documents show his department has been ever more generous with its so-called Instant Awards program, sometimes handing out goods and services worth as much as \$500 a pop. **THE CANADIAN PRESS**

Dozens injured

Tornadoes sweep across Midwest, killing at least 5

Dozens of tornadoes and intense thunderstorms swept across the Midwest on Sunday, unleashing powerful

winds that flattened entire neighbourhoods, flipping over cars, uprooting trees and leaving at least five people dead.

Illinois took the brunt of the fury as the string of unusually powerful late-season tornadoes tore across the state, injuring dozens. **THE ASSOCIATED PRESS**

Pakistan planning to try ex-president for treason



Pakistan's former president Pervez Musharraf, centre, leaves after appearing in court in Rawalpindi, Pakistan, in April. Pakistan's government plans to put Musharraf on trial for treason for suspending the constitution while in power. ANJUM NAVEED/THE ASSOCIATED PRESS FILE

Musharraf. Former leader could face death penalty if convicted for suspending constitution while in power

Pakistan's government plans to put former president Pervez Musharraf on trial for treason for declaring a state of emergency and suspending the constitution while in power, the interior minister said Sunday.

Musharraf, a former army chief, would be the first military ruler tried for treason in

Charges

"The constitution was ruined and violated. The judiciary was humiliated."

Pakistan Interior Minister Chaudhry Nisar Ali Khan

a country that has experienced three military coups in its 66-year history. He could face the death penalty or life in prison if he is convicted, but some question whether the country's powerful army actually will let that happen. Musharraf has maintained his innocence.

The government plans to send a letter to the Supreme Court on Monday asking that treason proceedings begin under Article 6 of the constitution, Interior Minister Chaudhry Nisar Ali Khan said during a news conference. The government made its decision after an investigating committee formed under the direction of the Supreme Court collected enough evidence for a trial, Khan said.

He insisted the government's decision to put the former president on trial was not a personal vendetta by Prime Minister Nawaz Sharif, who was toppled in a military coup by Musharraf in 1999. **THE ASSOCIATED PRESS**

Students in Bulgaria demand end to corruption



Students raise their hands to signal they are participating in a non-violent protest near the Bulgarian Parliament during an anti-government protest in Sofia last Tuesday. VALENTINA PETROVA/THE ASSOCIATED PRESS

Ivaylo Dinev believes the time has come to change his world. To do so, he's chosen a tactic straight from the 1960s — the sit-in.

The 24-year-old anthropology student is the informal leader of a group that has occupied Sofia University's main building since the end of October in hopes of forcing Bulgaria's Socialist-led government to resign.

"We want morality in politics; we want our politicians to work for the people and not for the Mafia," Dinev said.

Taking a stand

"We cannot just stand and watch these atrocities that are happening in the country; we cannot sit at home and wait for new elections."

Alexander Popov, 25, one of the students injured in clashes with police.

"That is the main reason we want the government to resign."

Bulgaria has struggled for decades against corruption. In the 28-nation EU, it lags only behind Greece on Transparency International's cor-

ruption-perception index. In the country's courts, magistrates have accepted bribes to end some corruption investigations and not a single high-profile person has been sent to jail.

THE ASSOCIATED PRESS

Growing movement

- The Sofia University occupation has spawned other university sit-ins, energizing a five-month-old movement against the government over allegations its leaders have ties to shady businessmen.
- Public-opinion polls show about two-thirds of Bulgaria's 7.3 million people support the protesters.

Uganda

Man faces charges after gay images found on laptop

A British man faces a court hearing in Uganda on Monday following the publication of images from his stolen laptop of him having sex with another man.

Bernard Randall, 65, faces charges of trafficking obscene material. Randall has called the charges, which carry a prison sentence of up to two years, "nonsensical." Also charged is Ugandan

Albert Cheptoyek, who faces charges of committing an act of gross indecency and up to seven years in prison.

Randall's laptop computer was stolen from his home and then photos on the computer were sent to a Ugandan newspaper, which published them. That led to the charges being pressed against him and Cheptoyek.

Uganda has harsh anti-gay laws and the country received international attention after a lawmaker proposed a bill that would mandate the death penalty for some gay acts. **THE ASSOCIATED PRESS**

Olympics. Sponsors may face pressure as Russia's anti-gay law persists

The four-month campaign protesting Russia's ban on "gay propaganda" is entering a new phase, as activists try to heighten pressure on the Olympics' top corporate sponsors to speak out before the Winter Games in Sochi.

The Worldwide Olympic Partners — among them Coca-Cola, McDonald's and Visa — have thus far sidestepped requests to explicitly condemn

the law, rebuffing efforts that included behind-the-scenes meetings and correspondence with Human Rights Watch.

Now, that organization and some of its allies have decided to go public. "It's taken months for the sponsors to formulate lawyerly responses that say nothing," said Minky Worden, director of global initiatives at Human Rights Watch. **THE ASSOCIATED PRESS**

Germany

Man at centre of Munich art trove 'loved' his pictures

The recluse German collector who kept a priceless trove of art — possibly including works stolen by the Nazis — hidden for half a century says he did so because he "loved" them and says he wants them back.

Cornelius Gurlitt told German magazine Der Spiegel in an interview published Sunday that he wanted to protect the

collection built up by his late father Hildebrand, an art dealer commissioned by the Nazis to sell works that Adolf Hitler's regime wanted to get rid of.

Bavarian authorities say they suspect the elder Gurlitt may have acquired pictures taken from Jews by the Nazis — and that this may lead to restitution claims by the original owners or their heirs.

Gurlitt said everybody needs something to love. "And I loved nothing more in life than my pictures," the magazine quoted him as saying. **THE ASSOCIATED PRESS**

University examines porn's effect on relationships in major study

Sexual health study.

A special appeal is being made for people who don't use porn but have a romantic partner who does



MIKE DONACHIE
Metro in London, Ont.

Do you watch pornography? Shy? Won't admit it?

That's the problem, say Western University researchers in London, Ont. Lots of people use porn but too few people admit it.

So they have made an unusual appeal. They want people to talk frankly — but anonymously — about their porn preferences to help a historic study into its effect on relationships.

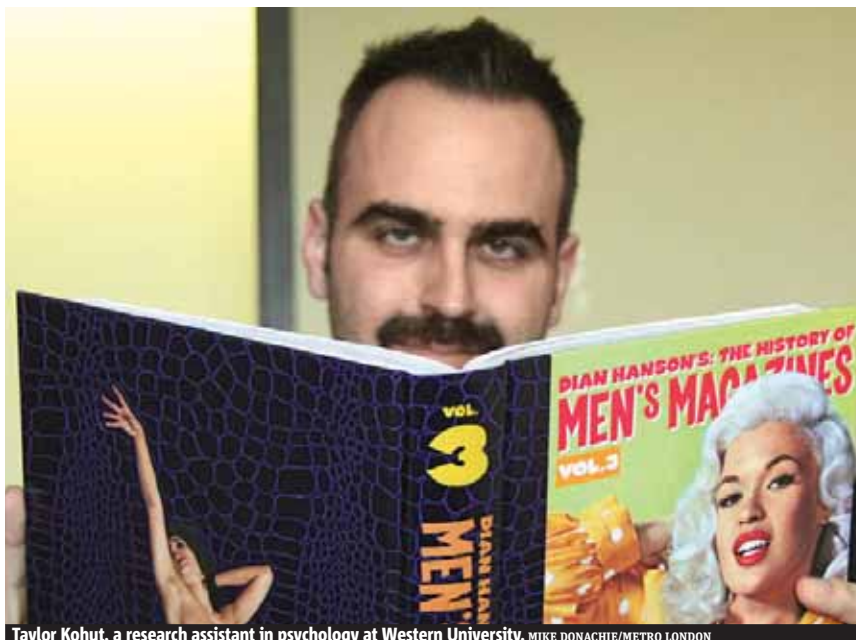
"We know that a lot of people are consuming pornography, both men and women," said Taylor Kohut, research assistant in the department of psychology. "We've known this for quite some time, although specific numbers are hard to pin down."

"We know that some people think this is affecting their relationships in different ways. What we don't know is why or how."

There has been research into porn and sexual behaviour for more than 40 years, said Kohut, but no definitive study during the Internet age.

The work at Western, led by professors Dr. William Fisher and Dr. Lorne Campbell, will be a first for the study of sexual health. It's been awarded a government grant of \$144,570.

An online questionnaire is part of the study.



Taylor Kohut, a research assistant in psychology at Western University. MIKE DONACHIE/METRO LONDON

Here's how to get involved

Can you take part in the Western University research into pornography? Absolutely! Here's how:

- The study itself can be found at goo.gl/duu-wmW
- For more information about the research, go to smartla5.wix.com/smartlab or facebook.com/smartlabwesternu.
- A special appeal is being made for people who don't use porn but have a romantic partner who does.
- The work at Western will be a first for the study of sexual health. It's been awarded a government grant.



Black Pete makes parade appearance

A Zwarte Piet, or Black Pete, the blackface sidekick of the Dutch version of Santa Claus, takes part in a parade in Amsterdam, Netherlands, Sunday. Opponents say Black Petes are an offensive caricature of black people while supporters say Pete is a figure of fun whose appearance is harmless, his face soot-stained from going down chimneys to deliver presents for the children.

PETER DEJONG/THE ASSOCIATED PRESS

Saturday Night Live

Famous U.S. TV show mocks Ford

Saturday Night Live has joined its late night TV brethren in claiming a stake in the Rob Ford comedy gold mine, lampooning Toronto's embattled mayor over his erratic behaviour.

The NBC show opened with cast member Bobby Moynihan portraying Ford in a skit that parodied the mayor's repeated public apologies for such things as smoking crack, buying drugs, driving after drinking and using vulgar language on live TV.

The Ford character would issue a chastened apology for actions unbecoming and then quickly follow it with an expletive laced rant against his critics. At one point Moynihan ducks behind the lectern to do a drug deal, and then is heard exclaiming "WOW! ... that's a lot of crack."

The sketch also mocked the many unflattering photographs of Ford that have graced front pages since the scandal erupted with reports of a video that appeared to show the mayor using crack. **THE ASSOCIATED PRESS**

Quebec. Snack-maker won't back down from native boy logo in holiday campaign

A Quebec snack-maker won't back down from plans to reintroduce a popular old logo of a cartoon aboriginal boy in a loincloth and feathered hat.

Krispy Kernels snack foods drew some criticism for a holiday marketing campaign featuring the old logo that hasn't been on the market for more than 20 years.

Its chip-package logo was well known for decades in Quebec, where the company is based.

It first appeared when the company was founded

in 1959 and disappeared in 1990 during the Oka Crisis, a land dispute that resulted in a standoff and the death of a provincial police officer.

Now, the logo has returned for a short time as part of a marketing campaign that runs until Christmas. Stores have begun stocking the limited edition packaging and as part of the campaign, customers can pose for a photo behind a life-size cardboard store display of the mascot to win prizes.

THE CANADIAN PRESS



Bags of Yum Yum chips featuring aboriginal boy logo. **THE CANADIAN PRESS**

Southern California

Two injured in drone accident

The Navy says an aerial target drone malfunctioned and struck a guided missile cruiser during training off Southern California.

Lt. Lenaya Rotklein said two sailors were treated for minor burns after the ship was struck. She had no immediate information on whether the drone has malfunctioned before. **THE ASSOCIATED PRESS**

Britain

German mag says Brits monitor hotels

The German magazine Der Spiegel says the British intelligence agency GCHQ monitors bookings of at least 350 luxury hotels around the world to automatically track foreign diplomats and government officials who might be staying there.

The magazine cites documents provided by NSA leaker Edward Snowden that showed GCHQ began its "Royal Concierge" program more than three years ago.

THE ASSOCIATED PRESS

Getaway on motorcycle

French hostage eludes captors

A French engineer kidnapped in northern Nigeria 11 months ago escaped on a motorcycle without paying ransom, and was to fly home Sunday, police said. Francis Collomp escaped from his abductors and went to the nearest police station. **THE ASSOCIATED PRESS**



Some urban Chinese couples will now be allowed to have a second child. Experts estimate that the first easing of China's one-child policy will result in 1 million to 2 million extra births per year in the first few years. NG HAN GUAN/THE ASSOCIATED PRESS

China eases 1-child policy

Population growth. Couples where one partner is an only child are now able to have a second baby

Don't expect a new Chinese baby boom, experts say, despite the first easing of the country's strict one-child policy in three decades.

Some 15 million to 20 million Chinese parents will be allowed to have a second child after the government announced Friday that couples where one partner has no siblings can have two children.

But the easing of the policy is so incremental that demographers and policy-makers are not anticipating an influx of newborn babies at a time when young Chinese couples are already opting for smaller families.

"A baby boom can be safely ruled out," said Wang Feng, professor of sociology at the University of California Irvine.

Wang noted that although Chinese couples where both parents have no siblings have for some time been allowed to have a second child, many have elected to have only one.

THE ASSOCIATED PRESS

Reproductive rights

China's government began to implement birth planning policies in the 1970s and placed a de facto one-child limit in 1980.

- It eased restrictions in 1984 to allow many families to have two children, including couples who do not have any siblings and rural couples whose firstborn is a girl.
- Some have managed to have additional children by paying fines.

South Africa. Mandela still unable to speak

South Africa's former president, Nelson Mandela, remains "quite ill" and unable to speak because of tubes that are keeping his lungs clear of fluid, though he is relaxed, his former wife told a South African newspaper.

"He is 95 years old and it is difficult for him, because of all the tubes that are in his mouth to clear the lungs, and prevent an infection recurring," said Winnie Madikizela-Mandela. Because of those tubes, she said, he communicates through his face.

"But the doctors have told us they hope he will be able to recover his voice," she said, adding that he is being

treated by 22 doctors at his home.

Mandela's former wife shot down reports that the former anti-apartheid leader and Nobel Peace Prize winner was on life support.

"I have heard this nonsense that he is on life support. He is not," she told the newspaper. When asked if he was peaceful, she said, "Very. When he is very relaxed, he is fine," adding that it helps he is at his home, an environment that he recognizes.

Mandela has been in intensive medical care at his Johannesburg home since Sept. 1 after nearly three months in a hospital for a recurring lung infection.

THE ASSOCIATED PRESS

NYC. Interracial couple a first in American politics

Another milestone is passing in America's racial journey: The next mayor of New York City is a white man with a black wife.

Even in a nation with a biracial president, where interracial marriage is more accepted than ever, Bill de Blasio's marriage to Chirlane McCray is remarkable: He is apparently the first white politician in U.S. history elected to a major office with a black spouse by his side.

De Blasio is preparing to take office on Jan. 1, with McCray playing a major role in his administration.

In July, a Gallup poll found that 87 per cent of Americans approved of interracial marriage — the highest rate ever — compared with 4 per cent in 1958. In 2010, more than 15 per cent of all new marriages were interracial, according to the Pew Research Center.



New York City's next mayor, Bill de Blasio and his wife Chirlane McCray. ANDREW BURTON/GETTY IMAGES

Yet statistics also indicate why de Blasio and McCray are such a rarity. The Gallup poll showed that white men are the least likely to marry outside of their race.

THE ASSOCIATED PRESS



Good friends. Good food. Good times.

TEMP2710

MARGARITAS
& Chicken
Fingers

Canadians not cutting TV cord, yet

Slow. Rumours of the death of cable have been greatly exaggerated, with just 3.5% of subscribers cancelling service since 2011

number of Canadians have cut the cord on traditional viewing as TV providers offer discount prices and spend more on programs to keep customers who pay bigger monthly bills.

The death of traditional TV watching has been overblown so far, say analysts who track viewing habits.

"The truth of the matter is the revolution hasn't come," said Brahm Eiley of the Con-

vergence Consulting Group in Toronto.

It's slow moving, with about 400,000 TV subscribers — 3.5 per cent — out of 11.8 million who have cut the cord since 2011, Eiley said, adding cord cutting started after the arrival of online subscription service Netflix in late 2010.

"TV is not dead," Eiley said.

Canadians watch about 28 hours of TV a week and

another three hours on the Internet, according to the Canadian Radio-television and Telecommunications Commission.

But the movement to on-line viewing can't be ignored because it has a cost for TV providers. The average revenue that a TV customer generates is \$65 monthly, compared with almost \$45 for an Internet customer, Eiley said.

THE CANADIAN PRESS

Watching television on the Internet is cheap and convenient, but so far only a small



Bedside manner 2.0

The doctor isn't in, but he can still see you now. RP-VITA robots enable physicians to have a different bedside presence as they "beam" themselves into hospitals to diagnose patients and offer medical advice during emergencies. A growing number of hospitals in the U.S. are using telepresence robots to expand access to medical specialists, especially in rural areas where there's a shortage of doctors.

RICH PEDRONCELLI/THE ASSOCIATED PRESS

Urban farming. Old hens dumped once eggs dry up

Backyard chicken enthusiasts find the fun of bringing a slice of farm life into the city stops when the hens become infertile. Hesitant to kill, pluck and eat a chicken, some people abandon the animal in a park or rural area.

As a result, more old hens are showing up at animal shelters, where workers increasingly respond to reports of abandoned poultry.

Urban chicken populations have been on the rise since the mid-2000s, championed by

people who wanted to know where their eggs came from.

THE ASSOCIATED PRESS

Random biz fact of the day

3

At least half of all job seekers with smartphones or tablets spend 3 hours or more looking for jobs on those devices every week.

CAREERBUILDER

TOP SIX @ 6 Weeknights at 6 KB counts down the HOTTEST songs of the day

101.3 THE BOUNCE

- 6 Macklemore Feat. Ryan Lewis White Walls
- 5 Hedley Anything
- 4 Lady Gaga Feat. R.Kelly Do What U Want
- 3 Eminem Feat. Rihanna Monster
- 2 Miley Cyrus Wrecking Ball
- 1 Katy Perry Unconditionally

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Douglas Coupland

Douglas Coupland's latest novel, *Worst. Person. Ever.*, is available from Random House Canada.

Day 11

metronews.ca/temp

Financially unstable

'The bank won't lend you money'

Temporary work in Canada presents a number of uncertainties on the job, but one real-estate agent in Saskatoon said those uncertainties go beyond the office.

Agent Paul Chavady says banks aren't willing to provide mortgages to those working in temporary positions.

"The bank won't lend you money," he said. "They require a stable income where a worker is permanently employed and off probation."

While real-estate agents in Saskatoon don't usually deal with rental properties, he said he would have no problem renting a temporary worker an apartment, but said he would be hesitant about signing a long-term lease, as the financial situation of a temp is too fluid. **METRO IN SASKATOON**



GETTY IMAGES

Temp vs. Perm

16%

A recent Statistics Canada study showed that temp workers earn on average 16 per cent less than their permanent peers.

Temp Enters a Universe of Pain

It was a Quentin Tarantino standoff where everyone holds up a gun at everyone else, except there weren't guns, just words and emotions. The Danimal looked at Kyle and then at Sarah and hissed. "You cradle robber."

Sarah shot back, "What about you, Dan?" (Referring to moi.)

"I'm only here with Shannon to talk business."

"Yeah right, cowboy."

Danimal walked up closer and that's when Kyle slugged him in the gut — well, more like where your gut touches your rib cage. It sounded like a kettle-drum and Danimal fell to the floor shouting astonishingly unprintable things at Kyle and Sarah, who up and left.

"What is wrong with that kid!" shouted Dan, "Oh my God, the pain!"

"Thanks for accusing me of spying," I said.

He coughed. "Shannon, take me to emergency. I think I'm going to die."

We went to his BMW where he curled into a ball in the passenger seat while I drove.

I said, "I really shouldn't be doing this. You're mean."

"Just take me to Crown Permanente."

"Oh. Going to the rich people's hospital are we?"

"Please drive."

We arrived and Danimal hobbled out of the seat and into Emerge, an oasis of calm with tastefully matched fabrics and gentle lighting. There was a copy of *Modern Symphony* magazine



on the walnut-inlaid coffee table. We went to the desk where a supermodel was moonlighting as a nurse on duty.

Dan groaned, "I need an X-ray. Quick."

"Of course, sir. I'll need to take an imprint of a credit card. We accept all major cards."

The Danimal walked up closer and that's when Kyle slugged him in the gut — well, more like where your gut touches your rib cage.

Danimal looked in his pockets. "Oh jeez, it's in the pocket of the jacket that went out for dry-cleaning today. Just let me in. I'll bring it tomorrow. I'm totally insured."

I could see that our supermodel had been through this many a time. "I'm sorry sir, but without an imprint of a valid card with the correct credit limit, I'm afraid there's nothing further we can do."

"I—" He was speechless.

"Welcome to my world," I said. "Get back in the car. I'll take you to Saint Eustace."

"That's in the worst part of town."

"What's your point?"

So we drove off to Saint Eustace. "It's just a slug in the gut, Dan. How bad can it be?"

"He broke something. Or damaged my heart. I can tell. Oh my God, the pain!"

We pulled up to Saint Eus-

Random fact of the day

- The total weight of ants on Earth is about the same as all the weight of humans.



SOURCE: WTFUNFACT.COM

tace, which resembled the battle-ravaged Vietnamese village remains in part three of *Full Metal Jacket*. A conga line of sick and wounded people stretched out the front door and into the street. One quick wardrobe change and you'd have *Les Misérables*.

"I can't go in there," Danimal said.

"It's either that or nothing. Want me to take you home?"

"No!"

"OK, then join the line."

TO BE CONTINUED...

Random biz fact of the day

85%

Smile like you mean it — 85% of the decision to hire or promote an employee is based on the individual's attitude.

SOURCE: NEXCAREER

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OUTLOOK GOOD FOR MAYOR SAVAGE

Perhaps it's as simple as the fact Mike Savage is not ... oh, there are too many to choose from.

His predecessor, for starters. Peter Kelly, the unlamented former mayor of Halifax whose major lasting legacy was his longevity in an office for which he was so obviously unsuited. He, belatedly, had the good sense to read the writing on the wall before it collapsed in on him.

The same cannot be said, of course, for Toronto Mayor Rob Ford, about whom more than enough has already been written, late-night joked and harrumphed about.

Then too, let us not forget Mayor Susan Fennell of Brampton, Ont., overshadowed as she was last week by those Toronto allegations of crack-smoking, drunk-driving, lewd-speaking and who knows what new horrors still to come. Fennell's simpler sin was being exposed to auditioning for an entitled-to-her en-



URBAN COMPASS
Stephen Kimber
halifax@metronews.ca

titlements Senate seat: charging taxpayers \$2,160 for personalized barbecue aprons.

Little wonder then that our own mild-mannered mayor, Mike Savage, merited a standing ovation from the Halifax Board of Trade earlier this month, more for having survived his first year in office unsullied and unsullied than for any concrete accomplishment.

And 40 per cent of Haligonians gave Savage a thumbs-up score of eight in last week's City Matters survey conducted for Metro Halifax and the Greater Halifax Partnership by MQO Research. Pollsters surveyed 600 residents over the age of 18, with a margin of error of plus or minus

four per cent, 19 times out of 20.

"There's 40 per cent of the population who are exceptionally pleased," MQO Research senior counsel Rick Emberley told Metro's Ruth Davenport, but more important-

A new tune at city hall

If Savage doesn't have many concrete accomplishments to show for his first year in office, he has, thankfully, changed the channel on the debates at city hall.

ly, "there's a significant portion of the population who feel pretty good about (Savage). But there's almost nobody who thinks it's bad."

Which, these days, is as good as it gets.

If Savage doesn't have many concrete accomplishments to show for his first year in office, he has, thankfully, changed the channel on the debates at city hall. Municipal politics, the former federal MP told the Board of Trade, "is our last, best hope to make government work for people without the burden of party politics."

Now that would be nice.

ZOOM

The terror of the monkey's mask



COURTESY PERTTU SAKSA

Monkeys forced to dance in public

Finnish photographer Perttu Saksa has explored Indonesia's chilling world of dancing monkeys — macaque monkeys clad in dolls' masks and children's clothes, trained to behave like humans and then sent out onto the streets to beg for money.

"They are sort of a mirror," says Saksa on how he

highlighted the monkeys' weird, anthropomorphic quality.

"By making the monkeys the centre of my images, I focus on ideas of a more universal nature, like whether or not we should feel empathy towards them."

So for Saksa, the portraits are a barometer of gauging indifference towards others' suffering.

METRO

Photog's viewpoint



"They are animals, forced to behave like humans do.

Of course all of them were very stressed, some of them were sick."

Perttu Saksa, artist/photographer, 35

Clamping down

- Last month, Jakarta authorities began clamping down on street monkey performances. The city government is buying back all monkeys used as street buskers and donating them to zoos.
- Jakarta Animal Aid Network says 350 animals work as street performers.

A hearty gesture

Pope promotes prayer like meds — crowd gets pillboxes of rosaries

Joking that he's like a pharmacist, Pope Francis is promoting prayer as medicine for the heart.

Appearing on Sunday at his studio window, Francis held up a rosary in a box designed to resemble a packet of pills, before volunteers distributed thousands of those boxes, which feature a design of a human heart.

Francis said he was recommending reciting the rosary prayer as a "spiritual medicine" that is "good for the heart."

Francis's down-to-earth way of speaking, in a style ordinary people can readily understand, is drawing



A box, shaped like a pillbox, contains a rosary that was distributed at the end of Pope Francis's traditional Sunday appearance in St. Peter's Square.

GREGORIO BORGIA/THE ASSOCIATED PRESS

larger-than-usual crowds to St. Peter's Square for his traditional weekly appearances. About 80,000 tourists and Romans packed the square on Sunday.

THE ASSOCIATED PRESS

Twitter

@metropicks asked: Canada has been criticized for sending only \$5M and 1 DART team for Philippines disaster relief. What do you think is the best way to help?

@jeffoulds: Alot better then China. \$1.5 million

@matdey1980: ask the sport stars, they got money coming out if the wood works!



@jeangra68434593: Donate CASH to The Salvation Army and The Red Cross. Those on the ground know specifically what is most urgently needed & where

@SmithMuranocity: give me the 5MM we do what we can not what they want

@commsgghost: don't send Anything !!

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:
Send us your comments: halifaxletters@metronews.ca

Ebooks



12 Years a Slave

By. Solomon Northup

iBooks for iPad/Mac

• • • • •



MIND THE APP

Kris Abel
@RealKrisAbel
scene@metronews.ca

It takes an insidious plan to kidnap an intelligent, observant man like Solomon Northup, and harrowing brutality to keep him enslaved afterwards. No wonder a movie has been made of his determined escapes from strange cruelties and stranger men. This Byblitech edition gives better care to its illustrations and makes the 160-year-old text easier to understand with audio narration.

Box office

Thor hammers competition

In an unlikely battle of sequels, Thor: The Dark World bested The Best Man Holiday at the box office. Disney's Thor: The Dark World continued its box-office reign with \$38.5 million in its second week of release, according to studio estimates Sunday. Opening 15 years after the original The Best Man, Universal's The Best Man Holiday opened strongly with \$30.6 million. **THE ASSOCIATED PRESS**



In 12 Years a Slave, Brad Pitt plays enlightened Canadian carpenter Samuel Bass, who in real life was from Ontario's Augusta Township. CONTRIBUTED

Catching Canada's Bass

12 Years A Slave. Descendants of the real-life Samuel Bass learn of their ancestor

His torment ends only after a chance encounter with an enlightened Canadian carpenter, Samuel Bass, played by Brad Pitt, who agrees to help him contact friends who can vouch for his identity.

Pitt's character is based on a real-life figure from Ontario's Augusta Township, and 160 years later, his descendants say they are amazed to learn of their forefather's brave response to a man in need.

"The movie is about Solomon Northup, right? But we would never have heard of him, I guess, if he hadn't met my great great great grandfather," says 50-year-old Kenora, Ont., resident Laurie Morris, whose mother is descended from Bass's second daughter Hannah. "For the Canadian side of things, it shows we're good people. I just imagine being down there and being the only Canadian with an opinion like that."

Morris and other descendants say they are only now discovering details about Bass, who left Canada sometime around 1840 and took on a series of carpentry jobs throughout the United States.

It turns out that other aspects of his life were not so honourable — census records show he left behind a wife, Catherine Lydia Lane, and four daughters: Catherine, Hannah, Martha Maria and Zeruah Bass, says Bonnie Gaylord of the Grenville County Historical Society in Prescott, Ont.

Morris' 75-year-old mother says that could be why she had never heard of Samuel Bass until 12 Years a Slave.

"He wasn't talked about in our family. I guess it was because he was never around," says Rae Moulton Todd of Prescott, located about 100 kilometres south of Ottawa, near the original Bass family farm.

"It is kind of exciting. And

Bass' background

This past summer, historian and author David Fiske traced Bass to southern Ontario. He says he became curious about the man's background after doing some broader research on the book 12 Years a Slave for Fox Searchlight's marketing department in advance of the film's release. He found the link in Sue Eakin's 2007 enhanced version of Solomon Northup's 12 Years a Slave and Plantation Life in the Antebellum South, which included material from the diary of a lawyer Bass hired to draw up a will.

then I turn around and I think, 'He really was a big jerk.' He left his wife and four daughters here to be looked after by whoever."

THE CANADIAN PRESS

2 SCENE



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Who's the best Batman, Ben? A gutsy five-year-old

Ben Affleck is getting ready to suit up as Batman for Batman vs. Superman, but he's smart enough to know when he's been bested. After the Make-a-Wish Foundation helped transform San Francisco into Gotham City Friday for the benefit of 5-year-old Miles Scott — who quickly became known as Batkid — Affleck took to Twitter to show his support. "Batkid. Best Batman ever," he posted.

Pop Goes the Week

Beckham's big Knight may change Posh's constant scowl



STARGAZING
Malene Arpe
scene@metronews.ca

David Beckham is in line for a knighthood. That explains why his wife, while writing "Lady" 756 times this week had a brief facial expression other than scowling.

A man nails his privates to the ground in the Red Square to protest Russia's devolution into a police state. In unrelated news, Steve-O has been reported missing from his Los Angeles home.

Reasons that Liongate's possible Hunger Games theme park is a really fantastic idea. 1) The Rollercoaster of Random Weapons and Disembowelment is super-fun. 2)



Squirrel on a stick may be neither healthy nor delicious, but it sure is cruel. 3) If your kids go missing while at the park, you can find them at the Lost and Drowned.

Justin Bieber's new song contains the lyrics, "Ooh, you know females/ And how they like to run their mouths." The song continues, "I'm so sorry/ I didn't mean it / I'm too little for corporal punishment/ And my rhymes suck/ #respectyourmothers. This week in tiresome

millionaires: 1) Justin Timberlake complains about critics and says that sometimes he "just wants to bleeping kill everybody." 2) Olsen twin Mary-Kate says that people who don't like her and her sister — purveyors of \$55,000 crocodile backpacks — have "an uneducated perspective." 3) Tom Cruise belatedly scoffs at his own statement that acting sometimes is as hard as fighting in Afghanistan.

Stevie Nicks will guest on American Horror Story. TOO MUCH HAPPINESS.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES



Lady Gaga. ALL IMAGES GETTY

She may live fast but Gaga's not dying young

Lady Gaga is currently 27 years old, a fateful age for famous musicians, as that's the age at which Jim Morrison, Jimi Hendrix, Janis Joplin, Kurt Cobain and — most recently — Amy Winehouse, passed away. But Gaga insists she won't be joining the 27 Club. "I want to show people that I

will last past 27 and I will last longer, and so will you," she says during an interview with New York radio station Z100. "I want to change this code in the atmosphere that in order to be remembered, I must die young. In order to be remembered as a legend, I must be dead first. This is unhealthy."

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Brad and Angelina have a Jolie good reunion at the Governors Awards

Brad Pitt kissed Angelina Jolie after her grand entrance at the film academy's Governors Awards Saturday night having been kept apart for weeks by busy schedules. Jolie received the Jean Hersholt Humanitarian Award, while Steve Martin and Angela Lansbury were given honorary Academy Awards for their distinguished careers. "Receiving

the Hersholt award makes me feel like I am on the right path but also reminds me I have more to do," Jolie told The Associated Press this past week. The actress-director is co-founder of the Prevent Sexual Violence Initiative and serves as special envoy for the United Nations High Commissioner for Refugees.



Justin Bieber

Bieber in the neighbours' bad books

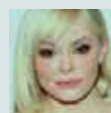
After an eventful tour leg through South America, Justin Bieber was probably hoping to have some relaxing time at home without any more trouble during his break in Los Angeles. Good luck with that. The 19-year-old pop star's neighbours reportedly called the police multiple times early Saturday morning with noise complaints, resulting in two visits from the Los Angeles County Sheriff's office, according to TMZ.

Twitter



@ParisHilton

Just had the most incredible deep tissue massage down at the spa. Feel so relaxed. Perfect way to cure my jetlag. Now time for a swim!



@rosemcgowan

I want a cheeseburger

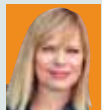


@SarahKSilverman

Other than a couple primal screams I haven't spoken aloud in a good 36 hours

Travel tip

All-inclusive is the way to go



IT'S ALL
RELATIVE
Kathy Buckworth
Kathybuckworth.com

Visiting an all-inclusive

resort located on a hot sandy beach can be the perfect way for families to get fun, sun, and all-you-can-eat buffets designed to satisfy even the pickiest eater. Kids Clubs and a variety of activities for the whole family can keep everyone happy. But beyond the walls of the all-inclusive is likely a new country with history, culture, art, adventure,

and cuisine to discover. Many resorts or vacation providers offer daily or overnight trips which leave from the resort and deliver an easy, hassle-free way to take advantage of the riches of the region. There is usually a selection of active adventure trips, visiting local villages or enjoying a cultural experience such as a museum or theatre.

Families can try local food, shop in markets for authentic goods, try unique physical challenges and contribute to the local economy while learning about the rich history. Transportation and accommodations are arranged for a hassle-free sojourn before returning back to the comfort and relaxation of the all-inclusive.

Exclusively online



- Parenting — it's like being a contestant on Let's Make a Deal. Find out why, and get a great cocktail recipe, at metronews.ca/voices. For the best-selling new mommy gift, pick up Reasons Mommy Drinks, by Lyra Martin Evans and Fiona Stevenson, in bookstores now.

Temps in your family

A "now playing the role of..." voice-over is all it takes to swap actors out on daytime soaps. The newbies pick up right where their predecessors left off. Imagine if your family members could be subbed out for telegenic temps...

Here are a few characters who would make excellent temporary relatives

MIKE DOJC/FOR METRO



Pet: Brian Griffin (Seth MacFarlane)

Harry S. Truman once advised getting a dog if you wanted a friend. Pooches offer loyal companionship and unconditional love. You may love them right back, but there's still always the hassle of cleaning up after them and taking them on walks. With Brian, there are no strings attached. He can totally take care of himself, so no poop scooping. Besides, he's a talking dog and incredibly smart. But make sure to lock up your liquor cabinet, as he has a nose for dry martinis.



Father: Robert Crawley (Hugh Bonneville)

A dapper well-bred gent, Robert may be a bit of a traditionalist, but at the same time he's always hip to the latest technologies, jumping at the chance to modernize Downton Abbey with electric chandeliers and telephone lines. Most importantly, he's an excellent dad who loves his daughters dearly. While he may initially disapprove when Sybil runs off with the chauffeur or Edith starts writing for the newspaper, he always comes around and eventually accepts decisions they make that further their happiness.



Mother: Rayna James (Connie Britton)

Nashville's Queen of Country — pretty much an amalgam of Reba McEntire, Faith Hill and Tami Taylor from Friday Night Lights — is sweet as tea. Despite decades atop the charts, this big-hearted star remains down to earth. How many other multi-platinum artists do their own grocery shopping? While her man situation can get complicated, she's always protective of her daughters. Her priority is shielding them from any drama. The only downside to having Rayna as a mom would be listening to your friends blather on about your yummy mummy.



Sister: Ann Perkins (Rashida Jones)

A great friend and confidante, Parks and Recreation's Ann Perkins is loyal almost to a fault, always putting the needs of others above her own. Above all, her most unique talent is fading into the woodwork while making other people shine. A top-notch straight woman, having her around will make your jokes seem way more hysterical. Also, considering how well she tolerates the oddball antics of Tom, Chris, Andy et al., you won't have to worry about any of your buddies creeping her out.



Wife: Jess Day (Zooey Deschanel)

The ultimate manic pixie dream girl, Jess is as bubbly as she is beautiful. The textbook definition of "adorable," she constantly radiates sunshine while rocking Kewpie-doll-cute outfits. She's also loving, loyal and supportive to her circle of friends and is amazing with children. Besides, even Jess' borderline annoying habits of randomly bursting into song or channelling an '80s TV show for an impromptu impression are endearing 99 per cent of the time.

3

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DALPLEX

Vanilla-infused Fruity Crème Brûlée makes for light ending

Want a treat after a hearty dinner that isn't too heavy? This crème brûlée with its surprising fruit finish is the perfect choice.

1. Divide berries evenly in bottom of four, oven safe (4 oz/118 ml) ramekins.
2. Spoon 1/3 cup (75 ml) yogurt into each ramekin, over top of berries.
3. Sprinkle yogurt in each ramekin with 1 tbsp (15 ml) sugar.

Ingredients

- 6 tbsp (90 ml) fresh berries (such as raspberries, blueberries or sliced strawberries)
- 1 1/3 cups (325 ml) Yoplait Yop! Greek Yogurt – Va-Va Vanilla Bean
- 4 tbsp (60 ml) granulated sugar or brown sugar, depending on method used for last step



This recipe serves four. JJ THOMPSON

4. Holding kitchen torch 3 to 4 inches (7.5 to 10 cm) away from yogurt, caramelize sugar by heating with torch about 2 minutes, moving flame continuously over sugar in circular motion until sugar is melted

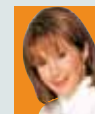
and light golden brown. If you don't have a kitchen torch, you can also use your broiler. The results will be slightly different though and it is recommended that you use brown sugar instead of granulated sugar.

Preheat your broiler. Sprinkle each serving with 2 tsp (10 mL) brown sugar. Place ramekins on a baking sheet and place 4 inches (10 cm) from broiler and broil until sugar is melted.

COURTESY YOPLAIT CANADA

Healthy eating

Choose it and lose it



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Who doesn't love street meat? When you're on the go, it's a great lunch solution — but the wrong choice will have you filling up on calories and fat.



Sausage on bun with fried onions, cheese sauce, peppers

887 calories/55 g fat

Street vendors selling greasy sausages will put your blood pressure and cholesterol off the charts.

Equivalent

A sausage on a bun with fried onions, cheese sauce and peppers is equal in calories to nine M&M Meat Shop mesquite steaks.



2 hot dogs on small buns with mustard, relish and ketchup

388 calories / 22 g fat

You're better off enjoying two small hot dogs with half the fat and calories.

Deck the office halls with appropriate gifts

Will you please the big cheese? With Christmas season coming sooner than your wallet would like to believe, it's time to gear up for giving to your co-workers

Office gifts can get compli-

cated around the holidays. Questions like what should you buy, how much should you spend, and what is an appropriate gift come to mind. There is an etiquette that goes hand in hand with office gift-giving. These tips will help you stay in the good books with your boss and co-workers this year.

Company policies

Some organizations have HR policies around gift-giving and receiving. If you

are new to a workplace, it's best to connect with your HR department or ask several colleagues that have been employed for a few years to see what typically occurs in the office around the holidays.

Personal gifts

Avoid gifts that are overly intimate. The list includes items that can enhance appearances, undergarments, flowers and perfume, to

name a few. These types of gifts can be misunderstood by your colleague and place you in a bad position.

Spending

When buying a gift, it's important to not overspend. Not everyone can afford to purchase lavish gifts, and you do not want to make a colleague feel obligated to reciprocate. Determine a budget and stick to it. Remember, there are great gifts out there for \$20 or less.

NEWS CANADA

Gift suggestions

Holiday themed gift baskets are nice and they don't have to be excessive

- Retailers carry varieties of products, along with mugs filled with sweets, coffee or tea.
- Other office gifting suggestions include Moleskin notebooks, gift cards, business card cases or a nice pen.



Are there undies in those packages? If you have to question whether a gift is acceptable, it most likely isn't. ISTOCK

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NHL

Truro native Sill makes NHL debut

Zach Sill has made it to the show.

The 25-year-old native of Truro was called up Friday to the Pittsburgh Penguins from their American Hockey League affiliate in Wilkes-Barre/Scranton.

Sill made his NHL debut in Pittsburgh's 4-1 loss to the host New Jersey Devils on Saturday night.

He played just over nine minutes and finished with no points and two hits.

Sill, a six-foot-two, 202-pound forward, has spent the past five seasons in Wilkes-Barre/Scranton. He appeared in two pre-season games for the NHL club in September.

Sill inked a one-year, two-way deal with the Penguins in July worth \$550,000 US at the NHL level. **METRO**

CIS football

Laval wins another shot at Vanier Cup

Pascal Locharde carried the Laval Rouge et Or to their fourth-straight Vanier Cup.

Locharde scored three touchdowns and rushed for 107 yards as Laval downed the Mount Allison Mounties 48-21 on Saturday to win the Uteck Bowl, Eastern Canada's university football championship.

Locharde's first two TDs gave Laval a 14-0 lead. The Rouge et Or would add to that, building a 21-0 lead by the end of the first quarter.

Laval will face the third-ranked Calgary Dinos in the CIS football championship next weekend, after the Dinos blew out the Western Mustangs 44-3.

THE CANADIAN PRESS

Mill Rats pick apart winless Rainmen

NBL Canada. Halifax drops sixth game in a row after rallying to within three points in dying minutes



ANDREW RANKIN

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An exasperated Stephen Sir couldn't bring himself to make any more excuses.

The Halifax Rainmen's leading scorer struggled, and so did most of his teammates on Sunday afternoon as his team lost yet again. This time an 88-81 defeat at the hands of the Saint John Mill Rats before 2,200 fans at the Metro Centre.

At 0-6, the Rainmen remain the only team in the National Basketball League of Canada without a win.

"Personally, it's enough with the excuses," said Sir, who scored five points, well below his average of 19.4 points per game. "We have everybody now; we have capable players, and a lot of teams deal with injuries."

"The team we were playing was playing its third game in four days and they have just as many excuses to roll over and not win ... I really don't know what to say anymore. We can't say the things we've been saying anymore. It's not valid. We need to win a game. We need to play as a team and we need to utilize our strengths."

The Rainmen fell into a 23-12 first-quarter hole and



The Halifax Rainmen's Cheyne Gadson tries to drive past the Saint John Mill Rats' Modibo Diarra during NBL regular season action at the Halifax Metro Centre on Sunday. **JEFF HARPER/METRO**

Turning things around

"We have to adjust to get that win to get that monkey off our back."

Rainmen guard Cheyne Gadson, on the Rainmen's winless record.

ultimately they couldn't recover. Down by 15 late in the third quarter, the team rallied to draw within three

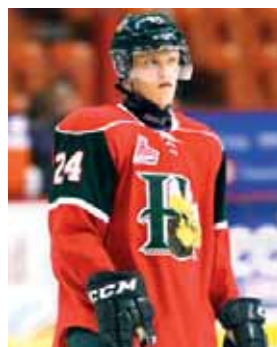
points with just over three minutes to go in regulation time. But that's as close as they would get. The Rain-

men didn't help themselves by missing 11 free throws, several of which came in the fourth quarter.

Mill Rats guard Anthony Anderson scored a game high 23 points, while Raven Barber led the Rainmen with 18 points.

The Rainmen hit the road to face the Moncton Miracles on Thursday.

Drouin, Ehlers lead Moose to 7-game win streak



Halifax Mooseheads forward Nikolaj Ehlers **METRO**

Nikolaj Ehlers dedicated Saturday's game to the memory of his grandmother, and the score sheet showed.

The Halifax Mooseheads rookie forward tallied twice and added an assist to help guide the Herd to a 6-3 victory over the Bathurst Titan before 1,527 fans at Centre régional K.C. Irving.

"He was really involved; he used his speed and was involved in every play," said Mooseheads head coach Dominique Ducharme. "Every time he was on the ice he was making things

happen."

Ehlers, who was named first star of the game, took to Twitter a couple of hours before the matchup to write: "Playing for you tonight grandma! Still believe you're here near me everyday!"

It didn't take long before Ehlers and Co. got the ball rolling, racking up a 3-0 first-period lead, and the Danish winger finished the frame with a goal and an assist.

He would tally again early in the third period before Darcy Ashley's short-handed goal gave the Herd a 5-1 lead.

Home-and-home

The Mooseheads will face the Titan again at home on Friday at 7 p.m.

Jonathan Drouin would end the threat with an empty-netter, giving him four points on the night and seven over the weekend, extending his point streak to 11 games (10 goals and 20 assists).

In Friday's 4-3 victory over the Charlottetown Islanders,

Drouin recorded a hat trick, while Timo Meier provided the other tally.

Brent Andrews scored twice to tie Ehlers for the team lead in scoring with 14 goals.

Ashley also picked up a goal and two assists for three points on the night.

The Mooseheads (19-8) increase their winning streak to seven games and currently sit second in league standings, two points behind the Blainville-Boisbriand Armada.

ANDREW RANKIN/METRO

Riders ensure wild ride for Grey Cup week

CFL playoffs. Riders pull off upset of Stamps to give hometown fans a rooting interest in next Sunday's championship

The dream scenario for the host city of a Grey Cup is having the home team in it.

The Saskatchewan Roughriders made the Regina organizing committee and their fans happy Sunday with a 35-13 upset of the Calgary Stampeders in the West Division final.

Chants of "Henry, Henry" rang out in the visitors' locker room at McMahon Stadium. Saskatchewan will face the Hamilton Tiger-Cats and quarterback Henry Burris in the Grey Cup at Mosaic Stadium.

The Roughriders will attempt to become the third host team in a row to win the CFL's championship trophy. The Argonauts beat Calgary in Toronto last year to take the Cup and the B.C. Lions won it in Vancouver in 2011.

"That's another part of the



Riders quarterback Darian Durant threw for three touchdowns and 280 yards in Sunday's West final win over the Stampeders. THE CANADIAN PRESS

storyline, but for us, it's about having a Grey Cup at home," Roughriders quarterback Darian Durant said. "We know how hard it is to come to Mosaic for opposing teams. To have (40,000) or 45,000 Rider fans, it's going to be great."

The Ticats punched their ticket to this year's Grey Cup with a 36-24 win over the Argos in the East final earlier Sunday.

This year's Grey Cup features teams that finished second in their respective divisions and needed to win division semifinals and finals to

Stamp'd out

"They capitalized on every opportunity that they had. Our hats off to them. They played a good game."

Stampeders defensive back Brandon Smith

get there.

"We know Rider Nation is fired up," Durant said. "They deserve it and it's going to be a fun week."

Saskatchewan last played in the Grey Cup in 2009 and 2010 and lost to the Montreal Alouettes in both games.

Calgary boasted the best regular-season record in the CFL at 14-4, but could not hang onto the ball Sunday. top offense in the regular season had seven turnovers and had possession for just eight minutes and 43 seconds in the first half.

"It's hard to explain," Calgary head coach John Hufnagel said. "Obviously we're a little bit in shock the way the game unfolded. Having that many turnovers to ruin the game (and) to have that type of tackling by our team, it's hard to

NHL

Two goals enough for Wild to top Jets

Mikko Koivu scored two goals, including the winner with 3:12 remaining, and the Minnesota Wild extended their winning streak to four games with a 2-1 victory over the Winnipeg Jets on Sunday.

Josh Harding made 21 saves for his 12th victory. The Wild are currently enjoying an eight-game points streak (7-0-1).

THE CANADIAN PRESS

NBA

Lakers find a way to win vs. Pistons

Jordan Hill had career highs of 24 points and 17 rebounds, and Jodie Meeks and Nick Young scored 19 points apiece in the Los Angeles Lakers' 114-99 victory over the Detroit Pistons on Sunday night.

Steve Blake had nine points and 16 assists for the Lakers, who made a late surge for just their second victory in six games. THE ASSOCIATED PRESS

UFC 167



"I can't sleep at night now. I'm going crazy. I have issues. I need to relax. I need to get out for a while."

Georges St-Pierre, hinting at retirement at his post-fight news conference after winning a controversial, razor-thin split decision over Johnny Hendricks to keep his welterweight championship on Saturday night at UFC 167 in Las Vegas.

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Tampa Bay	20	14	6	0	64	50	28
Boston	19	12	6	1	53	36	25
Toronto	20	12	7	1	57	47	25
Detroit	21	9	5	7	54	60	25
Montreal	21	10	9	2	52	45	22
Ottawa	20	8	8	4	58	62	20
Florida	21	5	12	4	46	70	14
Buffalo	22	5	16	1	41	68	11

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Washington	21	12	8	1	69	59	25
Pittsburgh	20	12	8	0	56	47	24
NY Rangers	20	10	10	0	42	50	20
Carolina	20	8	8	4	39	55	20
New Jersey	20	7	8	5	42	49	19
NY Islanders	21	8	10	3	61	68	19
Columbus	20	7	10	3	52	57	17
Philadelphia	19	7	10	2	35	48	16

Sunday's results

Columbus 4 Ottawa 1
Washington 4 St. Louis 1
Los Angeles 1 NY Rangers 0
Chicago 5 San Jose 1
Dallas 2 Vancouver 1
Minnesota 2 Winnipeg 1
Saturday's results
NY Rangers 1 Montreal 0
NY Islanders 5 Detroit 4 (SO)
Toronto 4 Buffalo 2

MLS PLAYOFFS

CONFERENCE CHAMPIONSHIPS

(Two-game series)

EASTERN CONFERENCE

KANSAS CITY VS HOUSTON

Leg 1 — Saturday, November 9
Houston 0 Kansas City 0

Leg 2 — Saturday, November 23
Houston at Kansas City, 7:30 p.m.

WESTERN CONFERENCE

REAL SALT LAKE VS PORTLAND

Leg 1 — Sunday, November 10
Real Salt Lake 4 Portland 2

Leg 2 — Sunday, November 24
Real Salt Lake at Portland, 9 p.m.

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	21	14	3	4	78	61	32
Minnesota	21	13	4	4	55	44	30
St. Louis	19	13	3	3	66	46	29
Colorado	19	14	5	0	59	41	28
Dallas	20	11	7	2	58	56	24
Winnipeg	22	10	10	2	57	61	22
Nashville	20	9	9	2	46	63	20

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	22	15	5	2	71	56	32
San Jose	21	13	3	5	72	50	31
Phoenix	21	14	4	3	73	66	31
Los Angeles	21	14	6	1	58	46	29
Vancouver	22	11	8	3	56	58	25
Calgary	20	6	11	3	54	75	15
Edmonton	22	5	15	2	53	83	12

Note: Two points for a win, one point for overtime loss.

New Jersey 4 Pittsburgh 1

St. Louis 4 Carolina 2

Phoenix 6 Tampa Bay 3

Nashville 7 Chicago 2

Florida 4 Colorado 1

Edmonton 4 Calgary 2

Monday's games — All Times Eastern

Boston at Carolina, 7 p.m.

Anaheim at Pittsburgh, 7:30 p.m.

Calgary at Winnipeg, 8 p.m.

CFL PLAYOFFS

DIVISION FINALS

EAST DIVISION

Sunday's result

Hamilton 36 Toronto 24

WEST DIVISION

Sunday's result

Saskatchewan 35 Calgary 13

101st GREY CUP

Sunday, Nov. 24 — All Times Eastern

Hamilton vs. Saskatchewan, 6 p.m.

DIVISION SEMIFINALS

Sunday, Nov. 10

Hamilton 19 Montreal 16 (OT)

Saskatchewan 29 B.C. 25

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
Indiana	9	1	.900	—
Miami	7	3	.700	2
Chicago	5	3	.625	3
Philadelphia	5	6	.455	4 1/2
Atlanta	6	4	.600	3
Charlotte	5	5	.500	4
Orlando	4	6	.400	5
Detroit	3	5	.375	5
Toronto	4	7	.364	5 1/2
Boston	4	7	.364	5 1/2
Cleveland	4	7	.364	5 1/2
New York	3	6	.333	5 1/2
Brooklyn	3	6	.333	5 1/2
Washington	2	7	.222	6 1/2
Milwaukee	2	7	.222	6 1/2

WESTERN CONFERENCE

	W	L	Pct	GB
San Antonio	9	1	.900	—
Portland	8	2	.800	1
L.A. Clippers	7	3	.700	2
Golden State	7	3	.700	2
Oklahoma City	6	3	.667	2 1/2
Houston	7	4	.636	2 1/2
Minnesota	7	4	.636	2 1/2
Dallas	6	4	.600	3
Phoenix	5	4	.556	3 1/2
Memphis	5	5	.500	4
Denver	4	5	.444	4 1/2
New Orleans	4	6	.400	5
L.A. Lakers	4	7	.364	5 1/2
Sacramento	2	7	.222	6 1/2
Utah	1	10	.091	8 1/2

Sunday's results

Portland 118 Toronto 110

Memphis 97 Sacramento 86

Detroit at L.A. Lakers

Saturday's results

Dallas 108 Orlando 100

Cleveland 103 Washington 96

Miami 97 Charlotte 81

Atlanta 110 New York 90

New Orleans 135 Philadelphia 98

Minnesota 106 Boston 88

Houston 122 Denver 111

Chicago 110 Indiana 94

Oklahoma City 92 Milwaukee 79

L.A. Clippers 110 Brooklyn 103

Golden State 102 Utah 88

Monday's games — All Times Eastern

Portland at Brooklyn, 7:30 p.m.

Charlotte at Chicago, 8 p.m.

Denver at Oklahoma City, 8 p.m.

Philadelphia at Dallas, 8:30 p.m.

Golden State at Utah, 9 p.m.

Memphis at L.A. Clippers, 10:30 p.m.

CFL playoffs

Burris brings Ticats to brink of a title

Two years after being told by the Calgary Stampeders he wasn't good enough, Henry Burris is returning to the Grey Cup.

The 38-year-old quarterback rallied the Hamilton Tiger-Cats from a 14-point

deficit en route to a 36-24 win over the Toronto Argonauts in the East Division final Sunday.

Burris cut Toronto's half-time lead to 24-17 with a late TD strike, then led Hamilton to a 27-24 lead heading into the fourth. After watching Argos QB Ricky Ray tear it up in the first half, Burris took over in the second as Hamilton returns to the Grey Cup.

THE CANADIAN PRESS



Argos QB Ricky Ray and the Ticats' Henry Burris meet after Sunday's game in Toronto. THE CANADIAN PRESS

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Horoscopes

♈ Aries

March 21 - April 20

From this week things can only get better. No, really! Keep telling yourself that your luck is on the turn and in a matter of days you will be seeing concrete evidence that it is.

♉ Taurus

April 21 - May 21

The lesson you need to learn this week is that not even a Taurus can do it all on their own.

♊ Gemini

May 22 - June 21

The more you give the more you get in return. That applies to all aspects of your existence but especially to partnerships of a personal nature.

♋ Cancer

June 22 - July 23

What can you do to make a loved one's life more enjoyable? You are well aware they have made sacrifices for you, now you must consider what they need from you in return.

♌ Leo

July 24 - Aug. 23

It may be frustrating that so many little things are going wrong but don't let it get to you. Come the end of the week a new phase will begin and suddenly it will all start going right for you again – the little things and the big things.

♍ Virgo

Aug. 24 - Sept. 23

You know you cannot escape from the consequences of your actions so don't waste time trying.

♎ Libra

Sept. 24 - Oct. 23

In every enterprise there comes a time when you have to choose whether to carry on and give it your all or admit that it no longer inspires you and call it a day.

♏ Scorpio

Oct. 24 - Nov. 22

An issue you have been avoiding has now to be faced. You have just four days to get your act together and resolve the situation – after that the matter will be taken out of your hands.

♐ Sagittarius

Nov. 23 - Dec. 21

A few days from now the Sun will enter your sign and a new cycle will begin. Before then you must tie up loose ends, be they personal or professional, that might hold you back.

♑ Capricorn

Dec. 22 - Jan. 20

Make the most of the Sun's final few days in the friendship area of your chart to have fun with people whose outlook and interests match your own.

♒ Aquarius

Jan. 21 - Feb. 19

You have a tendency to say what is on your mind, even when it might be wise to stay quiet, and someone in authority won't be amused by your honesty today.

♓ Pisces

Feb. 20 - March 20

For some reason you have started to doubt a colleague's loyalty but what happens over the next few days will reassure you they are still on your side.

SALLY BROMPTON

Crossword: Canada Across and Down

Across

1. Cdn. place to buy stuff on TV
4. Actress Cheryl, and surnamesakes
9. Peru's past persons
14. Manfred Mann's "Do ___ Diddy Diddy"
15. Towards-the-rear
16. Actor Peter O'Who?
17. Will Smith movie
18. Wilderness-sub-sisting show starring Canadian Les Stroud
20. ___ Gritty Dirt Band
22. Some windows
23. Becomes soaked wet
24. Swag
26. Identical
27. Jimmy ___ (Shoe designer)
28. Blackthorn fruits
30. Canada, HMCS
31. ___ The States, ___
32. ___ Nogait National Park, NWT
34. Good ___
36. Trojan War advice-giver
37. Moviedom's Mr. Mulroney
41. Namesakes of Canadian musician Mr. Juranen, aka Bahamas
44. Fork over dough: 2 wds.
45. "You're it!" game
48. Tutu textile
50. Finals
51. Stare
53. Baseball great

- Willie
54. Coca-Cola guru Mr. Candler, and others (b.1851 - d.1929)
55. Blunders
57. Paris bridges
59. Terrain of trains and tracks: 2 wds.
61. Method
64. This planet

65. No, in slang
66. Farm female
67. Tees' predecessors
68. Patricia of movies, and others
69. Chem. ending

Down

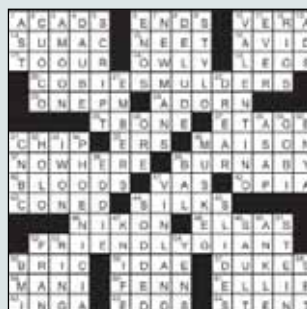
1. Ex-airline
2. Mr. Mineo

3. Winds from The Rockies
4. Holds out
5. Adjoin
6. "Splash" (1984) star Ms. Hannah's
7. Old Rome's 605
8. Vehicles launched in 1959 by Canadian inventor Joseph-Armand Bombardier

- (b.1907 - d.1964)
9. "Ripley's Believe ___ Not!": 2 wds.
10. Standards
11. Baie-___, Quebec
12. Startles
13. Has a gut instinct
19. What Tom Mulcair supporters do in elections: wd. + acr.
21. "___ Feeling" by

- The Black Eyed Peas
23. Elisabeth of "CSI: Crime Scene Investigation"
25. "Motor" suffix
27. Type of package [abbr.]
29. Steve Winwood's "While You ___ Chance"
32. Big sch. in Canada's largest city, ___
33. "Lay It on the Line" Canadian band
35. Most sardonic
38. British Columbia range, ___ Mountains
39. Lute-like instruments
40. "Private Dancer" singer's initials-sharers
42. Skin stuff
43. Tricky
45. Certain candy
46. Ancient shopping spots
47. Adhesive appliers
49. Spain, in Spanish
52. A-list
54. Tennis great Mr. Roddick's
56. "Icky-pool!" equivalents
58. Kind of agreement
60. Saskatoon's airport code
62. Have
63. Tiny

Friday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku

1	4	8	2	5	6	9	7	3
9	6	3	8	7	4	2	5	1
5	2	7	1	3	9	4	8	6
8	3	5	4	1	7	6	2	9
2	1	4	6	9	8	7	3	5
6	7	9	3	2	5	1	4	8
3	9	6	5	4	2	8	1	7
4	8	1	7	6	3	5	9	2
7	5	2	9	8	1	3	6	4

			5			7		
9		6		3			8	
4			9			1		
		5		8	3			2
	1						6	
3			2	7		8		
		1			4			3
	2			1		5		8
		7			2			

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14°/1°

Rain

70%

Tuesday

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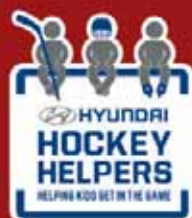
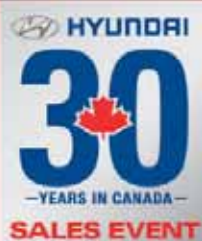
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